



# HUMILITY/MODESTY

VIA Survey calls this strength Humility

**Parent virtue: Temperance.** Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility/modesty, prudence, and self-control.



## WHAT DOES HUMILITY MEAN?

*You do not seek the spotlight. You let your actions speak for themselves.*

Humble people have an accurate (not underestimated) sense of their abilities and achievements. They hold the capacity to acknowledge their mistakes and limitations, and are open to advice and new ideas. They do not show off their possessions or accomplishments.

Humility and modesty are often characterized as synonymous with shy or meek. This is false. True humility is a sign of strength; it is a quiet confidence in who you are. It requires an honest self-reflection on your strengths and weaknesses, and self-control over ego, arrogance, and vanity. It encapsulates a person's feelings, thoughts, and actions. It includes resistance to false modesty or the "humble brag."

## WHY DOES IT MATTER?

Developing humility is associated with positive developmental outcomes in individuals. It allows a person to honestly reflect on their abilities and acknowledge how and where they can improve. Humility opens them up to new ideas, advice, and (consequently) abilities that pride, arrogance, or pretentiousness often block. Therefore, humility makes them desired members of a team.

American society has overemphasized individual self-esteem to the point that narcissism is up 30% since the early 1980s. Narcissism, a fragile and defensive variety of self-esteem, is correlated with feelings of entitlement and a belief that all one's failures are a result of external factors. This increased focus on self and decreased focus on others is harmful to group cohesion and success. Humility, then, is vital to team, community, and societal achievement. Humble groups, composed of humble people, do what's necessary without making a big deal of it; always remaining focused on what's next.

## Individuals with this strength might be described as:

- Unassuming
- Unpretentious
- Modest
- Down to earth
- Pure
- Deferential

## Individuals with this strength are likely to think, feel, or behave in the following ways:

- Actions speak louder than words.
- I prefer to let my actions speak for themselves.
- An unhealthy craving for awards and accolades will make you less likely to obtain them.
- Do what's expected of you and don't tell people you did it.
- Give credit where credit is due. All achievements take a team effort.
- "One upping" people is sad. If others want to brag, I just let them without needing to talk about myself.

## QUOTES ON HUMILITY

*"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."*

**-ERNEST HEMINGWAY**

*"I'm surrounded by nothing but great people. I've been blessed with that, so really, I've got no choice but to be an all-around good person."*

**-TIM DUNCAN**

*"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."*

**-MAHATMA GANDHI**

*"A true genius admits he knows nothing."*

**-ALBERT EINSTEIN**